

Kind	Cautious	Creative	Deliberate
Analytical	Daring	Hopeful	Focused
Wise	Gentle	Spiritual	Accepting
Diligent	Non-Judgmental	Curious	Joyful
Nurturing	Caring	Resourceful	Peaceful
Considerate	Integrity	Ambitious	Thoughtful
Passionate	Loving	Faithful	Fair
Motivated	Empathetic	Purposeful	Supportive
Loyal	Patient	Friendly	Empowering
Humorous	Attentive	Responsible	Courageous
Committed	Confident	Honest	Selfless
Productive	Encouraging	Authentic	Truthful
Open-Minded	Compassionate	Servant-hearted	Justice
Intelligent	Trustworthy	Genuine	Contentment
Adventurous	Accountable	Generous	Harmony
Visionary	Respectful	Reliable	Fun-Loving
Risk Taking	Self-controlled	Intentional	Competent
Tenacious		Giving	
Thankful	Tender-hearted	Determined	Trusting
Life-giving	Inclusive	Spontaneous	Inquisitive
Observant	Transparent		Light - Hearted
Rational	Grateful	Analytical	
Playful	Common-sense	Intense	
Fearless	Reflective	Giving	
		Humble	

Values Mapping Exercise

1. Circle the words that best describe you or what you truly want others to say about you...

It is phrased this way because we are our own worst critics...

2. Now pick up to 7 that you will absolutely not live without....

To find your values:

- You need to look at your parents: What values do you believe they had? What did you observe about them growing up? How did they behave? Look for values behind their behavior.
- What were you like as a child? What were some of the phrases that you may have heard about you? "You are always asking too many questions, you never stay put, you are such a hugger"
- You might say to yourself: "I would never do that to anyone or it would never enter my mind not to say" In other words: what do other people do or say around you that instantly gets a reaction from you without even thinking about it – the opposite would be your value.
- When and with whom did you feel "safe" in your life? What person or persons could you just "be yourself" with? The way you behaved would come from your values. Look at how you act and what you would say, observe your body language and line it up with a value word.

3. Then write out your personal definitions for each value, going into as much detail as possible.

You may use a dictionary to get you headed in the right direction, also using the other words that were circled on the list will be helpful... take time to reflect, you're worth it!

4. Write out how you would practically live out each value.

How would you behave? How would you talk? What would your actions be? Take time to discover how your values would drive your behavior.

5. Find an anchor verse(s) in the Bible to hang your value on. And/or, find an inspirational saying /quote that speaks to your value. It may not contain the exact value word however the context of the word will be evident.